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Cleveland body count could rise

Police say serial killer may have influenced Ohio man suspected of killing at least three women

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TEE PARTY

U.S. GOLFER PHIL MICKELSON MAKES A DAZZLING SURGE FROM BEHIND TO WIN HIS FIRST BRITISH OPEN

PAGE 21



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BIG WINNERS!

Rayelle Huchulak, age 16, and her 15-year-old brother, Jarden, show off the prizes they won while playing games at K-Days on Sunday afternoon. The event runs throughout the week.

ANNALISE KLINGBEIL/METRO

EPSB axes 'huge' number of consultants

Students impacted.
Future of district's annual Night of Music uncertain

 **ANNALISE KLINGBEIL**
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School may be out for summer, but when classes resume at Edmonton's public schools this fall, teachers, students and parents will notice some major differences.

A "huge reduction" in the number of consultants the district employs will directly impact teachers who turned to consultants for help developing engaging lessons plans.

Edmonton Public School Board chair Sarah Hoffman

said more than 40 consultant positions have been axed as part of the 339 full-time jobs which were cut when trustees unanimously passed the 2013-14 budget in June.

"That's going to be very challenging for us. We've lost aboriginal liaison workers, we've lost people in the comprehensive school health area, we have lost our music and art consultant," she said.

Earlier this month in a year-end interview, retiring Superintendent Edgar Schmidt told Metro that come this fall, teachers will have to go outside of the district to get instructional support and curriculum professional development previously provided by staff within the district.

In addition to helping teachers with lesson plans, the district's consultants had a range of responsibilities. The

music consultant, for example, supported music enrichment programs and helped organize the district's annual Night of Music. Hoffman said it is yet to be determined in what capacity the event will continue.

The axed jobs consist of about 157 non-teaching positions and 182 teaching positions.

More students combined with fewer teachers mean class sizes will also be increasing this fall.

While Hoffman said class sizes vary from school to school, she's already heard of a junior high that will have on average five more students per class than last school year.

Schmidt said he is concerned with the long-term effects the budget cuts will have on the district's ability to maintain high standards of quality education.

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Assault, B&E

Men charged with attempted murder

Two men have been charged with attempted murder after an alleged violent assault early Saturday morning that left a 46-year-old man clinging to life.

Police responded to a call in the area of 95 and 110 streets around 2:45 a.m. Saturday after an assault was reported. According to police, when the victim confronted two men in a back alley, he was severely beaten. The same suspects then allegedly broke into a nearby home.

"The level of violence, the fact that it appears that all of this violence is unprovoked ... is of great concern," said Staff Sgt. Malcolm Allan.

Tyrone Isadore, 27, is charged with breaking and entering to commit robbery and assault. Brian Bergey, 26, is charged with attempted murder and two counts of breaching his recognizance. METRO

Prevention

Redford appoints flood panel

Premier Alison Redford has asked a new panel to look at solutions from all over the world to help limit damage in the next flood.

The three-person volunteer panel announced Sunday has been asked to consult with communities and experts on the best ways to prevent flooding.

In a news release, Redford said the panel was part of her government's commitment to rebuilding Alberta in a common-sense way. METRO



Pipin' hot charity

Mealshare. New program at Edmonton restaurants shares meals with the less fortunate



RYAN
TUMILTY
ryan.tumilty@metronews.ca

up to the Mealshare program, a new project that sees restaurants offer meals to their guests and the less fortunate at the same time.

When diners buy select meals at the restaurant or at the Culinaria Muttart location, a portion of the proceeds goes to providing one meal at the Hope Mission and to an overseas charity, the Children's Hunger Fund.

"It is very in alignment with the values of Noorish. We are all about community development, community building and creating a new model for business in Edmonton," said the restaurant's co-owner Sheniz Kassam.

As a vegan eatery, the meals at Noorish don't come with meat, dairy or any other animal products, but as of this weekend they come with a bit more of a social conscience.

The restaurant is one of two in Edmonton now signed

The program has been operating at Noorish since last Friday and Kassam said in just the first weekend they saw an incredible response.

"So many people were choosing to order that dish, because of the feel-good experience they get," she said.

Locally, the Hope Mission is welcoming the program with open arms.

"It is a wonderful thing for us," said spokesperson Robin Padanyi.

At Christmas and Thanksgiving, Padanyi said the mission tries to get people to think about the lives of the less fortunate and the Mealshare program expands

Hope feeds

The mission serves about 1,000 meals a day between breakfast, lunch and dinner, at an average cost of \$2.70.

• The Mealshare program is also available in Calgary at several restaurants. More information is available at Mealshare.ca

on that.

"As people are eating, they are conscious of the fact that there are others in the city that might not have that same advantage."

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Cyclists in one of the Tour de l'Alberta's smaller events, a 15-kilometre race, set out from the starting gates in Morinville on Sunday. More than 1,550 cyclists took part in the event. RYAN TUMILTY/METRO

Pedal power to the masses

Amateur cycling.

Tour de l'Alberta draws huge numbers



RYAN TUMILTY
ryan.tumilty@metronews.ca

Hundreds of amateur cyclists took over highways north of Edmonton Sunday as the 19th Tour de l'Alberta took to the roads.

Organizer Christine Chapman said the small event continues to grow with over

1,550 cyclists taking to the roadways in events ranging from a 185-kilometre ride for experienced riders, down to a five-kilometre event for children.

"In the last six years it has doubled in numbers, and we have been promoting it a lot more than we used to," she said.

As the amateur race wraps up, the professional version of the Tour of Alberta is a little more than a month away.

Chapman said the Tour de l'Alberta and the new Tour of Alberta have been closely working together since the

start and she is looking forward to the event.

Carsten Erbe, who did the 50-kilometre route on Sunday, said he can't wait for the professional event.

"The Tour of Alberta I think is really exciting, because it is the same pros on TV doing the Tour de France right now that are coming to Alberta," he said.

Erbe said he's eager to see the professional racers up close.

"I am going to basically have the week booked off. I am going to watch every stage if I can."

Civic election

One candidate in, one candidate out

With so many candidates getting into the race for city council, it was inevitable someone would drop out.

Kassie Russell, a contender for the crowded race in Ward 6, bowed out this week. The former student politician at Grant MacEwan was among the first to declare in Ward 6.

Meanwhile, Mujahid Chak has entered the race for Ward 11. Chak was one of the founding members of CKER ethnic radio and becomes the sixth person running in the south-side ward. METRO

Animal-cruelty case. Cops raid dog training facility

Two people are now facing charges after police raided a north-side animal training business.

Officers raided BARK (Behaviour Assessment and Rehabilitation for K9) on Friday after receiving several complaints about the business, according to Edmonton Police Service Staff Sgt. Sid Kingma.

While their names were not released, Kingma said two people are facing animal-cruelty charges stemming from the search.

He said when officers entered the facility, they found 47 dogs and six cats in very troubling conditions.

"The area where they were kept was filled with urine and feces," he said.

Kingma said all of the animals were turned over to animal-welfare officers.

He said EPS had been receiving complaints about odours coming from the building and other issues over the last year.

RYAN TUMILTY/METRO

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Cleveland police ID suspect in murders of three women

Serial killings.

No more bodies found after day-long search of houses sparked by suspect's comments

Authorities who responded to a report of a foul odour and found the bodies of three women in a low-income U.S. neighbourhood ended a day-long search without finding others. A registered sex offender was in custody.

East Cleveland Police Chief Ralph Spotts had warned searchers to be prepared to find one or two more victims Sunday, but he declined to elaborate.

The discovery was the Cleveland area's latest high-profile case of missing women. Earlier this year, three women in an unrelated case were found and freed after being held captive in a home for years.

Copcat killer?
"He said some things that led us to believe that in some way ... Sowell might be an influence."

East Cleveland Mayor Gary Norton, on the murder suspect's possible connection to convicted Cleveland serial killer Anthony Sowell.

Spotts identified the suspect as 35-year-old Michael Madison and said he was expected to be formally charged Monday.

Mayor Gary Norton said the suspect indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of murdering 11 women and sentenced to death.

In this latest case, one body was found Friday in a garage. Two others were found Saturday — one in a backyard and the other in the basement of a vacant house. The three female bodies, all wrapped in plastic bags, were found about 200 metres apart, and author-



East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. Police Chief Ralph Spotts told volunteers he believes there could be one or two more victims. TONY DEJAK/THE ASSOCIATED PRESS

ities believed the victims were killed in the last six to 10 days.

Spotts said the suspect's comments hadn't provided clarity on whether more bodies might be found.

"He really hasn't stated that there's any more, but he hasn't said anything that would make us think that there's not," Spotts said.

THE ASSOCIATED PRESS

Vanishing women
A disturbing trend in a quiet city

It's the third recent high-profile case in the Cleveland area that involves missing women.

In May, three women who separately vanished a decade ago were found captive in a run-down house. Ariel Castro, a former school-bus driver, has pleaded not guilty to nearly 1,000 counts of kidnap, rape and other crimes.

In 2009, Anthony Sowell was arrested after a woman escaped from his house and said she had been raped there. Police found the mostly nude bodies of 11 women throughout the home.

Sowell's victims ranged in age from 24 to 52. All were recovering or current drug addicts, and most died of strangulation; some had been decapitated, and others were so badly decomposed that coroners couldn't say with certainty how they died.

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Two U.S. jets 'bomb' Great Barrier Reef

Aborted mission.

Four practice bombs dropped away from coral to minimize possible damage, navy said. None exploded

Two American fighter jets dropped four unarmed bombs

into Australia's Great Barrier Reef Marine Park last week when a training exercise went wrong, the U.S. Navy said, angering environmentalists.

The two AV-8B Harrier jets launched from aircraft carrier USS Bonhomme Richard each jettisoned an inert practice bomb and an unarmed laser-guided explosive bomb into the World Heritage-listed marine park off the coast of

Queensland state on Tuesday, the U.S. 7th Fleet said.

The jets had intended to drop the ordnances on the Townshend Island bombing range, but aborted the mission when controllers reported the area was not clear of hazards. The pilots conducted the emergency jettison because they were low on fuel and could not land with their bomb load, the navy said. The

emergency happened during the biennial joint training exercise Talisman Saber, which brings together U.S. and Australian military personnel over three weeks.

The Great Barrier Reef, the world's largest network of coral structures, is rich in marine life and stretches more than 3,000 kilometres along Australia's northeast coast. **THE ASSOCIATED PRESS**



An aerial view of the Great Barrier Reef in Cairns, Australia. GETTY IMAGES FILE

Ban on veils

Paris suburbs see another night of violent protests

Some 20 cars were torched in a second night of violence in suburbs west of Paris in apparent protest over the enforcement of France's ban on Islamic face veils. The incidents overnight targeted the town of Elancourt.

The night before, about 250 people clashed with police in the nearby town of Trappes

THE ASSOCIATED PRESS

Family feud

Warring families clash, leaving 7 dead in Philippines

At least seven people are dead in the Philippines after two families locked in a longstanding feud battled each other with guns, police said.

Armed members and followers of the MacArthur and Capal families confronted each other late Friday in a village of Bayang town in Lanao del Sur province.

THE ASSOCIATED PRESS



This undated aerial photo released by the Israel Antiquities Authority shows the archeological site in Khirbet Qeiyafa, west of Jerusalem.

SKYVIEW, HOEP/THE ASSOCIATED PRESS

King David's palace? Israeli archaeologists' claim draws skepticism

A team of Israeli archaeologists believes it has discovered the ruins of a palace belonging to the biblical King David, but other Israeli experts dispute the claim.

Archaeologists from Hebrew University of Jerusalem and Israel's Antiquities Authority said their find, a large fortified complex west of Jerusalem at a site called Khirbet Qeiyafa, is the first palace of the biblical king ever to be discovered.

Critics said the site could have belonged to other kingdoms of the area. The con-

Just visiting

Yossi Garfinkel, who led the seven-year dig with Saar Ganor of Israel's Antiquities Authority, believes King David lived permanently in Jerusalem in a yet-undiscovered site, only visiting Khirbet Qeiyafa or other palaces for short periods.

sensus among most scholars is that no definitive physical proof of the existence of King David has been found.

THE ASSOCIATED PRESS

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Nutrition experiments. Past sins used to support aboriginal-run education

Aboriginal leaders are pointing to past abuses as evidence that the federal government should let their communities craft their own education policies.

When news broke that more than 1,300 aboriginal people, mostly children, were used as subjects of nutritional experiments initiated by the Canadian government in the 1940s and '50s, it struck a chord with aboriginal leaders.

A statement from the Assembly of First Nations said such horrors would never have happened if aboriginal people were in control of their own communities.

News of the old abuses resurfaced as the national organization was meeting this week in Whitehorse, where members were discussing education reform.

Some lamented that federal policy-makers haven't learned key lessons of the past, as they prepare to present the First Nation Edu-

Total opposition

The AFN unanimously opposed the government's blueprint for allowing First Nations to establish their own education systems, saying it fails to:

- uphold the primary importance of First Nations languages and cultures, affirm First Nation control over First Nation education, apply the successful lessons learned by First Nations and address historical funding shortfalls

cation Act to Parliament this fall.

"The pattern in which the federal government has approached this (legislation) hasn't broken the pattern we are looking to break," Assembly of First Nations Chief Shawn Atleo said in an interview. **THE CANADIAN PRESS**

Detroit in bankruptcy. The rise and fall of Motor City

Detroit was once a place where the American dream came true. But it would not last forever.

The city fell into a six-decade spiral of job losses and shrinking population. Staggering under as much as \$20 billion in unpaid bills, Detroit surrendered Thursday, filing the single largest municipal bankruptcy in U.S. history.

By 1950, the auto industry had started to seek refuge from Detroit's unions in other states and overseas. The job hemorrhaging continued as Japan gobbled up more of the market.

But Detroit's reliance on one industry is not the only cause.

"Politicians in Detroit were always knocking the can forward, not confronting the issues," said Daniel Okrent, a

writer from the city.

Racial strife also infected the city. Tens of thousands of blacks migrated there in the late 1940s and early 1950s. And between 1945 and 1965, there were more than 200 racial incidents of whites attacking blacks, according to Thomas Sugrue, author of *The Origins of the Urban Crisis* and a history professor at the University of Pennsylvania.

The migration of blacks into Detroit was followed by an exodus of white residents.

"The racial divisions between the city and the suburbs ... (created) an us vs. them mentality," Sugrue said. "There's very little political will ... by suburbanites ... to provide financial support." **THE ASSOCIATED PRESS**



An employee at the GM plant in Flint, Mich. **CARLOS OSORIO/THE ASSOCIATED PRESS**

Belgium

King crowned in a nation divided

Belgians shouted "Long live the king" Sunday to welcome their new monarch to the throne. But several legislators from northern Flanders boycotted King Philippe I's coronation, highlighting long-standing feuding between the nation's Dutch-speaking Flemings and Francophones.

THE ASSOCIATED PRESS

Economic action plan

Three out of 2,000 followed ads to website: Survey

Slick TV ads this year for the Harper government's "economic action plan" appear to be inspiring a lot of, well, inaction.

A survey of 2,003 adult Canadians completed in April identified just three people who actually visited [actionplan.gc.ca](#), the site created to promote the brand. **THE CANADIAN PRESS**

Cabinet shuffle

Aglukkaq may unsettle eco foes, researcher says

If there are any questions about why Leona Aglukkaq, an Inuk from Nunavut, was chosen to lead Environment Canada, the Prime Minister's Office is eager to dispel them.

"The appointment of a minister ... from the North, a region susceptible to climate change, speaks volumes about our government's commitment to the environment," spokeswoman Julie Vaux wrote to *The Globe and Mail*.

One researcher said environmental activists are likely to be "disoriented" by having to face down an Innu woman, at least in the short term. **THE CANADIAN PRESS**



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More than 100 cities cry, 'Justice for Trayvon'



Jaqin Nelson, 6, participates in a "Hoody Sabbath" in New Orleans on Monday. GERALD HERBERT/THE ASSOCIATED PRESS

Outrage. Protesters demand civil-rights charges, an end to stand-your-ground

Crowds chanted "Justice! Justice!" as they rallied in dozens of U.S. cities Saturday, urging authorities to change self-defence laws and press federal civil-rights charges against a former neighbourhood watch leader found not guilty in the shooting death of an unarmed black teenager.

The National Action Network, led by the Rev. Al Sharpton, organized the "Justice for Trayvon" rallies and vigils on Saturday outside federal buildings in more than 100 cities one week after a jury acquitted George Zimmerman in the February 2012 shooting death of 17-year-old Trayvon Martin in Florida.

In New York, hundreds of people — including Martin's mother, Sybrina Fulton, and music superstars Jay-Z and Beyoncé — gathered in the heat.

Fulton told the crowd she was determined to fight for changes needed to ensure that black youths are no longer viewed with suspicion because of their skin colour.

Earlier Saturday, at Sharpton's headquarters in Harlem, she implored people to understand that the tragedy involved more than Martin alone.

"Today it was my son. Tomorrow it might be yours," she said.

In addition to pushing the Justice Department to investigate civil-rights charges against Zimmerman, Sharpton told supporters in New York that he wants to see a rollback of stand-your-ground self-defence laws.

THE ASSOCIATED PRESS

Stand-your-ground laws

Despite an outcry from civil-rights groups, a call for close examination by President Barack Obama and even a 1960s-style sit-in at the Florida governor's office, there is unlikely to be change to any of the stand-your-ground laws in the U.S.

• In general, stand-your-ground laws eliminate a person's duty to retreat, if possible, in the face of a serious physical threat.

Homecoming

Russian leaders fear militants returning from Syrian civil war

The leader of a restive province in Russia's Caucasus Mountains says local Islamic militants are fighting alongside rebels in Syria and could further destabilize their home region when they return.

Ramazan Abdulatipov,

the acting president of the province of Dagestan, wrote on his website Sunday that the "export of extremists" should be prevented by making it hard for militants to leave Russia.

"These people go there and they will come back tomorrow with the backing of international extremist and terrorist organizations," Abdulatipov said during a meeting with local officials Friday.

THE ASSOCIATED PRESS

Syria

Social media hack may expose rebels

Syrian state television claims that a pro-government group has hacked into two social messaging networks.

Such a hack could expose Syrian rebels and other activists who depend on the networks to publicize army crackdowns and communicate with each other. Landlines and cellphones are

believed to be tapped.

State TV says the social networking site Tango was the latest victim of the Syrian Electronic Army, a group that supports President Bashar Assad.

Tango confirmed in a statement that it had experienced "cyber intrusion that resulted in a brief, unauthorized access."

Syrian media said another network, Truecaller, was hacked last week.

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Charge it! 'Premium' cards could cost you



Current rules allow Visa and MasterCard to charge ever-increasing interchange fees to merchants who accept their cards without allowing them the choice of rejecting those cards that carry higher fees, says the Retail Council of Canada.

RYAN REMIORIZ/THE CANADIAN PRESS FILE

Credit. Decision in Visa, MasterCard complaint may mean those with certain cards could pay more or even be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to ac-

cept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's Commissioner of Competition filed a formal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour.

Consumers have been forced to pay an estimated \$5 billion worth of hidden fees each year as a result, the complaint says.

"Without changes to the rules, merchants will continue to face high costs for accepting credit cards, and all consumers, even those who use lower-cost methods of payment like debit or cash, will continue to pay higher prices," commissioner Melanie Aitken said in a statement at the start of hearings.

THE CANADIAN PRESS



Sweet Georgia ... blueberry?

What is the most valuable fruit crop in the Peach State? While Georgia is famous for its peaches, blueberries are the state's most lucrative fruit crop. Blueberries brought in about \$94 million for Georgia growers in 2012, compared to \$30 million for peaches. JAIME HENRY-WHITE/THE ASSOCIATED PRESS

Loyalty cards. Customer expectations rising

Canadian retailers have spent years weaning shoppers onto the concept of loyalty cards, and what was once considered an added perk is now putting pressure on the companies that run the programs.

Last week, Loblaw's \$12.4-billion acquisition of Shoppers Drug Mart shined a spotlight on concerns over the future of the pharmacy retailer's popular Optimum



rewards card.

The passionate reaction to the Optimum card showed that rewards programs are working, and can successfully create a brand loyalty that helps buck trends and downturns in the economy. At the same time, customers who once saw rewards as a simple perk now feel they're entitled to reap benefits for their loyalty.

THE CANADIAN PRESS

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Blamed on illicit tap

7 injured when oil pipeline explodes in central Mexico

A pipeline explosion Sunday that injured seven people and sent flames and smoke shooting hundreds of feet into the air in central Mexico was caused by illegal tapping, Mexico's state-owned oil company said.

The pre-dawn explosion in a farm field injured four police officers and three firefighters among those called to the scene by a re-

port of an oil leak, the state prosecutor's office said.

Petroleos Mexicanos, or Pemex, issued a statement on its Twitter account blaming the blast on an attempt to steal oil with an illicit tap.

The supply of crude oil through the pipeline was immediately suspended, it said. The explosion in Tonanitla in central Mexico state did not threaten any of the area's communities, Mexico state Gov. Eruviel Avila said via Twitter.

There were no evacuations.

THE ASSOCIATED PRESS

Modern twist on cards

Get your speech therapy in a flash

University of Regina graduate Robert Harrison is making waves in the technology world as the brainchild behind two new apps designed to assist young students grappling with severe speech issues.

With his speech therapist wife, Harrison recently completed work on the SpeakColors and SpeechCards applications, both of which have

become available at the Apple App store.

"Both (apps) are designed for helping children improve their speech and language skills — particularly children with autism, Down syndrome and special needs," Harrison, a resident of San Diego, Calif., told Metro.

Operating much like traditional flashcards, the apps provide audio recordings correctly pronouncing certain words, complete with visual cues. MARCO VIGLIOTTI/METRO IN REGINA

After the gold rush

Push for precious elements for tech products takes hold

Across the American West, early miners digging for gold, silver and copper had no idea that one day something else very valuable would be buried in the piles of dirt and rocks they tossed aside.

There's a rush in the U.S. to find key components of cellphones, televisions, weapons systems, wind turbines, MRI

machines and the regenerative brakes in hybrid cars, and old mine tailings piles just might be the answer. They may contain a group of versatile minerals the periodic table called rare earth elements.

The USGS and Department of Energy are on a nationwide scramble for deposits of the elements that make magnets lighter, bring balanced hues to fluorescent lighting and colour to the touch screens of smartphones in order to break the Chinese stranglehold on those supplies.

THE ASSOCIATED PRESS

Halifax. Push by baristas to unionize could spread across Canada, leader says

Coffee-shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said a professor of labour and employ-

Young workers uniting

"I've been taking calls from colleagues and co-workers across the country who've been following this trend ... very closely."

Tony Tracy, Atlantic representative for the Canadian Labour Congress

ment law at York University.

THE CANADIAN PRESS

DEAR DEFLATED COUNCIL...

It has been said that everyone loves a parade. I wonder how much they love a parade when it includes an \$80,000 balloon that was pulled on a platform rather than floated in the air? "Mommy why isn't the balloon in the air?"

"Well my dear one, the powers that be never considered that there was wind in the city that might make it hard for the balloon to control. And they didn't take into account that they might have to pass under light standards and things like that."

"Really mommy, they didn't know there was wind? Even I know there is wind and I am only six. And how did they not know about the light standards?"

"Maybe you should run for city council, dear one. Or even better, you might think about working for the civic administration."

"What is all that stuff on the balloon mommy? It is very



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

strange looking."

"Dear one, it is meant to represent the history of Edmonton."

"Really mommy? It looks like a bunch of stuff all stuck together. I don't understand it at all."

"Design by committee, my darling. But shush little one, here come the Shriners."

Interesting what our politicians say when they have decided that their time in politics has come and gone. Our mayor pointed out the other day that perhaps we have a problem with the fact that 60 per cent of the civic budget goes to salaries. Did you ever hear our mayor mention that while he was in office? Did he also mention that most of the growth

in employees occurred during his watch?

A few weeks ago he also mentioned that the financial state of the city will pose a real challenge for a new mayor. Again, did you ever hear him say that during the nine years

Full of hot air

Our mayor pointed out the other day that perhaps we have a problem with the fact that 60 per cent of the civic budget goes to salaries. Did you ever hear our mayor mention that while he was in office?

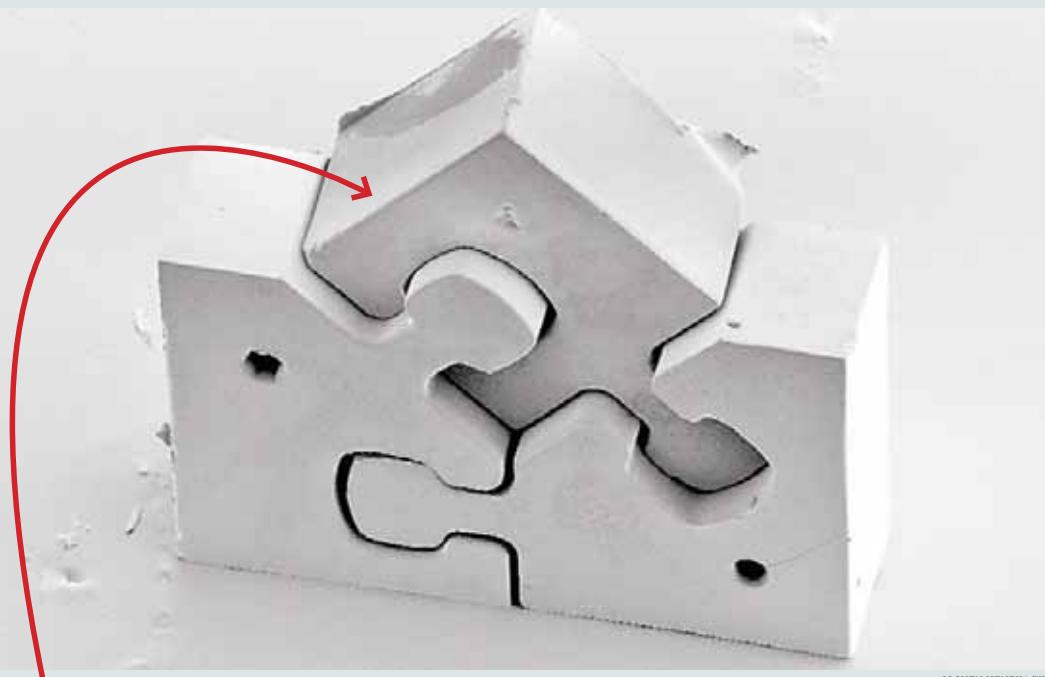
he was in office?

Assuming that you are going to tick the boxes for your choice for mayor, councillor and school board representative, there are a couple of things that are worth your consideration.

If you know whom you are going back for mayor, you should pay real attention to what your candidates for council are saying. You just might want to pick one whose ideas line up with the candidate for mayor that you are going to vote for. It might be good to know that your choice for mayor might just have some support on council.

ZOOM

We're left puzzled by its size



Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle,

with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as a half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Without the need for a substrate layer that would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Heneka of KIT's Institute of Microstructure Technology.

METRO

JOCHEN HENEGA/KIT

Clickbait  **ANDREW FIFIELD**
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?



Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It sounds a little high-concept, but it works beautifully. (iOS/\$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrified" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked

him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.

Snail posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

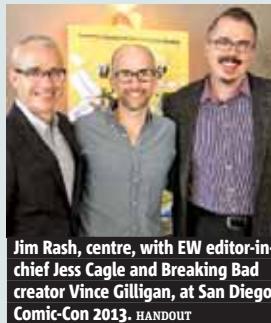
Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's *Community* and co-writer/co-director of *The Way, Way Back*, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the *Community* panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN



Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to *Man of Steel*, scheduled for release in the summer of 2015, Henry

Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2.

Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say



NED EHRBAR

Metro World News in Hollywood

Dane DeHaan made waves with the Comic-Con crowd as an antihero in *Chronicle*, and now he's upping his superhero game with *The Amazing Spider-Man 2*, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?

I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for *Spider-Man*, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for *Spider-Man* is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an



Dane DeHaan plays Harry Osborn in *The Amazing Spider-Man 2*. HANDOUT

overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?

I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once

they're over I can talk about them. That's not really a problem.

For *The Amazing Spider-Man 2*, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?

Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new

thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about *Spring Breakers*?

I don't know. I think I'll let him have that one.

127 Hours?

Yeah, sure. Something like that. That would be fun.

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending *The Conjuring* into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with \$41.5 million in domestic ticket sales, unseating the three-week champ, *Despicable Me 2*. The Universal film dropped to second place with \$25 million. Fox's new animated offering, *Turbo*, opened with \$21.5 million, good for third place. The Sony comedy *Grown Ups 2* held onto fourth place in its second week of release, earning \$20 million. Summit Entertainment's *Red 2*, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with \$18.5 million. The weekend's other new big release, the Jeff Bridges-Ryan Reynolds caper *R.I.P.D.*, opened with a disappointing \$12.76 million.

THE ASSOCIATED PRESS

Pegg's at war with himself over 'Star' franchises



Much like Tim, the comic book geek he played on his British comedy series *Spaced*, Simon Pegg was clearly less than thrilled by the *Star Wars* prequels. Now that the franchise is being revived by his *Star Trek* boss, J.J. Abrams, Pegg admits he's feeling a bit conflicted.

"I had mixed emotions when I found out that J.J. was

doing *Star Wars*," he tells us while promoting the *World's End* at San Diego Comic-Con. "My first thought was, 'Oh no, Dad's had another baby.' It's like we're not the cute kid anymore, he's going to be playing with the baby now." And then secondly I was like, 'Geez, it's going to be good. I'm going to have to like it again now.' I'd

just gotten used to being OK with hating *Star Wars*, and now it's like, 'Oh no, I'm going to have to like it again!'

As for his work with Abrams on that other science fiction franchise, Pegg has some interesting ideas about what adventures his character, Scotty, could have in a third *Star Trek* film — and co-star Zachary

Quinto, who plays Spock, better watch his back.

More than anything, Pegg wants Scotty to "make out with Uhura," played by Zoe Saldana. "I'd like one of those arena-style fights with Spock, get a big kiss off Zoe. But inevitably, Zach would beat the s— out of me, as a lowly Scottish engineer," he says with a laugh. MWN

DID YOU KNOW?

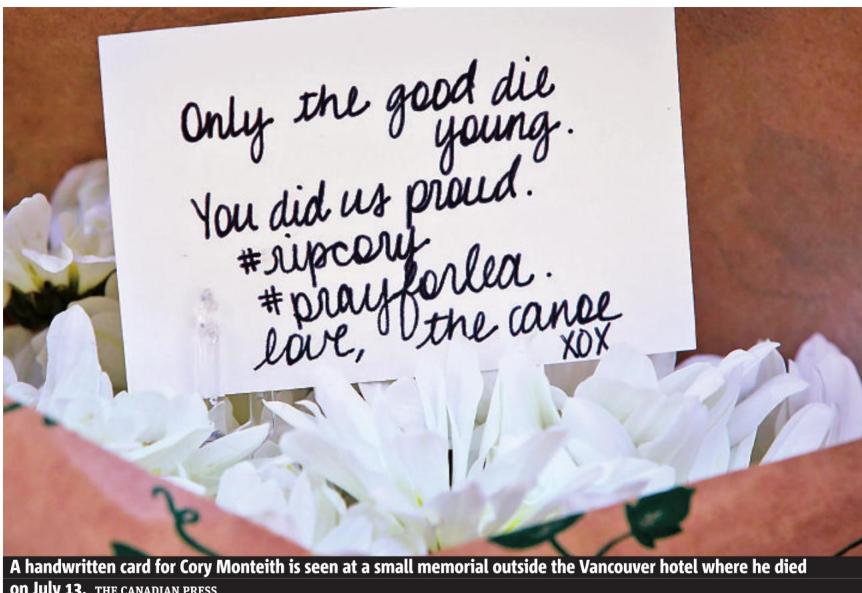
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NORTHLANDS PARK

Glee plans tribute episode, will go on hiatus to assess future

Remembering Cory Monteith.

Deceased star to be honoured in third show of new season

Glee executive producer Ryan Murphy is planning a tribute episode to honour the series' deceased star, Cory Monteith.

In remarks to news outlets published Saturday, Murphy said the tribute would address the death of Finn, the character Monteith played on the Fox network high school musical series. That show will be the season's third episode, following two episodes that had already been written.

Then the series will go on a hiatus to reassess its direc-

tion, Murphy said.

The body of 31-year-old Monteith was found last weekend in a Vancouver hotel room. Tests showed he died of an overdose of heroin and alcohol.

On Glee he played high school quarterback and glee club member Finn Hudson, who had graduated and moved on to college but was an adviser to his old club and remained part of the show.

Finn also had an off-and-on romance with fellow student and singer Rachel, played by his real-life girlfriend Lea Michele.

Monteith had been candid about his struggles with addiction, which included a rehab stint several months before his death.

THE ASSOCIATED PRESS

Intervention

Ryan Murphy said he helped stage an intervention in his office for Monteith last March. "He wanted to continue working and we said, 'That's not an option. No. The TV show doesn't matter; your life matters,'" Murphy told the Eonline website. Monteith's rehab began soon thereafter. Murphy also spoke with Deadline, the Hollywood Reporter and TV Line. On Friday, Fox announced the series would return for its fifth season on Sept. 26, a week later than originally scheduled.

NORTHLANDS

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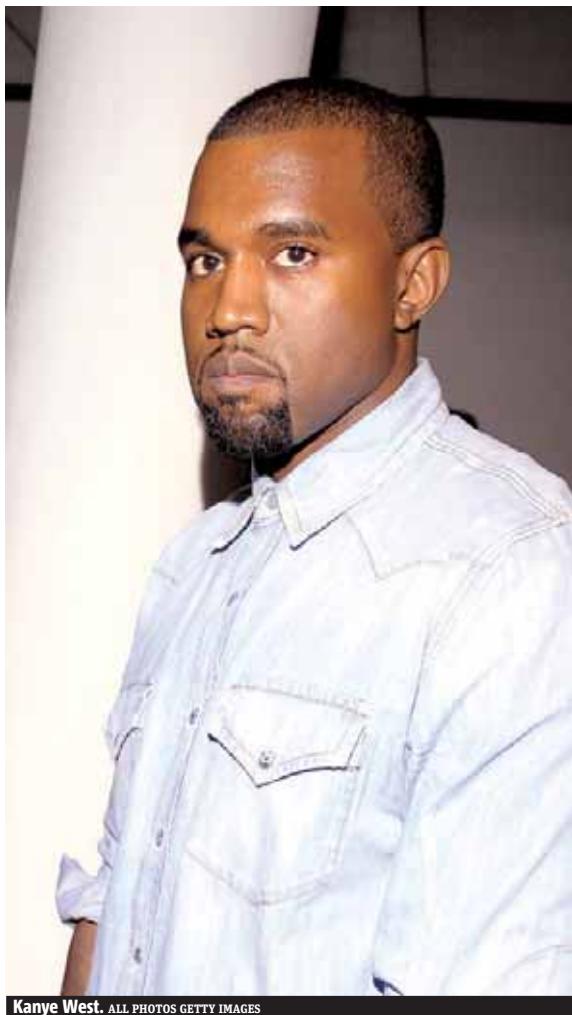
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Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the

"especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spit take: Justin Bieber did something awful again



STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drugmart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

The band Korn is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that Kristen Stewart is now dating Michael Pitt. It sounds like the perfect match. They both enjoy music, old movies and sneaking around.

Lindsay Lohan will earn some \$2 million for an eight-part reality series on Oprah's OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For



A Chance Not To Be Lindsay Lohan's Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a \$125 plain white T-shirt. "That's so cute. For an amateur," says Gwyneth Paltrow and goes back to the promotional material for her upcoming \$70-tube sock collection.

This week in romance.

- 1) Halle Berry marries Olivier Martinez.
- 2) Jimmy Kimmel marries Molly McNearney.
- 3) Jenny McCarthy and Donnie Wahlberg are dating.
- 4) Adam Levine gets engaged to model Behati Prinsloo.
- 5) Johnny Depp brings his kids and girlfriend Amber Heard with him to Japan. Mostly because the nanny was busy participating in Play For A Chance Not To Be Lindsay Lohan's Stylist and Two Assistants.



George Clooney

Longoria disputes George Clooney rumours

George Clooney reportedly tried and failed to woo Eva Longoria while he was still dating now-ex-girlfriend Stacy Keibler, according to Us Weekly.

The two stars spent time socializing at the Soho House in Berlin back in March "but did not hook up," a source explains. "George began pursuing Eva. He told her that he was still with Stacy but had plans to break up with her and was interested in being with Eva."

And apparently when Lon-

goria politely turned down his offer, he "continued to pursue her with texts and calls. Eva made it clear to him that she would not date or be with him until he was completely single."

But not so fast, according to Longoria herself. The former Desperate Housewives star took to Twitter to dispute it.

"As interesting as the George Clooney rumours are, they aren't true. George and I have been friends for years," she said.

Twitter



@JoshRadnor

Probably no crime in San Diego tonight.
Superhero on every corner. #ComicCon



@ElizabethHurley

What heaven to drive in London at 6 am on a Sunday. Zero traffic.



@Sethrogen

This Superman/Batman news is really gonna steal attention from The Lone Ranger/Green Hornet movie we were planning.

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Mother and sun**Protect yourself from being too hot a "hot mama"****IT'S ALL RELATIVE**
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms

are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wresting shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropri-

ate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."

**Moms are diligent about protecting kids from the sun, but what about themselves?** iSTOCK**Online**

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.



Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay

Study

Joanne Loewy led a study published last month in the journal Pediatrics. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that

**Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago.** M. SPENCER GREEN/THE ASSOCIATED PRESS

just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it

makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy

was even featured on a recent episode of American Idol, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore

**A negative image, left, and a positive is shown.** KRISTEN SUTCLIFFE/
NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

- In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour

mixture onto baking sheet and allow to cool and set.

- To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

- Remove the paper or fab-

ric: This is your first print.

- Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

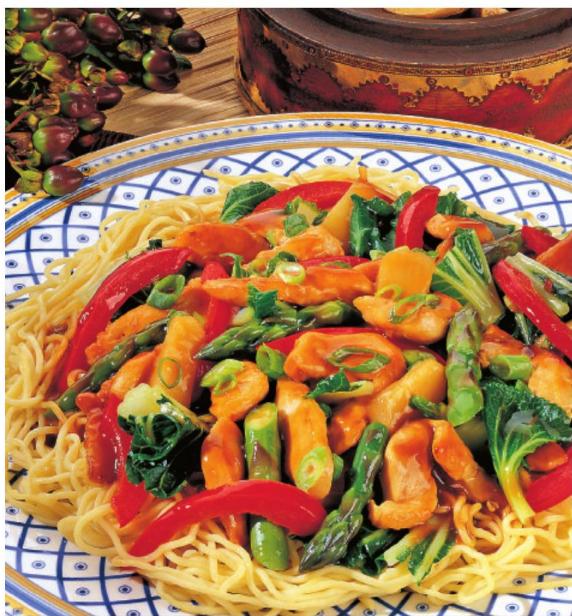
- Re-ink the gelatin to make additional positive and negative prints.

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

THE ASSOCIATED PRESS

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

- In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.
- In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.
- Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce

Ingredients

- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Access your inner Colonel with this top-notch chicken

1. To poach the chicken, in a large saucpan, combine broth, rosemary, peppercorns and salt. Bring to a bare simmer, then add chicken thighs. Return to a simmer, then cover and cook for 15 to 20 minutes, or until the meat reaches 165 F. 2. Meanwhile, in a food processor, combine flour, sage, rosemary, garlic powder, thyme, salt and pepper. Process until seasonings are finely ground. Transfer mixture to a gallon-size plastic bag. Place panko in a second gallon-size plastic bag. 3. Once chicken has finished poaching, transfer thighs to a cutting board. Let cool until easily handled, then pat dry.

4. Place buttermilk in a wide, shallow bowl and beaten eggs in another similar bowl.

5. One at a time, soak each thigh briefly in buttermilk then remove, shaking off excess, and place in bag with flour mixture. Gently shake to coat. Remove thigh from mixture, then dredge through eggs. Remove thigh, shaking off excess, then place in bag with panko. Gently shake to coat.

6. Set breaded chicken thigh



Inspired by a recipe by celebrity chef Tyler Florence, this is a great fried chicken to make for yourself at home, just in case you're unable to make it out to Florence's restaurant any time soon. MATTHEW MEAD/THE ASSOCIATED PRESS

on a rimmed baking sheet. Repeat with remaining thighs.

- When ready to fry, heat oil in a large, deep saucpan over medium-high heat to 400 F. You'll need an instant thermometer to monitor the temperature. Heat oven to 200 F. Once oil reaches temperature, carefully set 2 thighs into the oil at a time and cook, turning once, for 10 to 15 seconds, or until golden brown. Use tongs to transfer fried chicken to a clean rimmed baking sheet and set in the oven to keep warm.
- Allow the oil to return to 400 F, then continue cooking the chicken in batches.

THE ASSOCIATED PRESS

Ingredients

- 6 cups chicken broth
- 3 sprigs fresh rosemary
- 1 tbsp lightly crushed black peppercorns
- 1/2 tbsp kosher salt
- 3 lbs boneless, skinless chicken thighs
- 1 cup all-purpose flour
- 12 fresh sage leaves
- 2 large sprigs fresh rosemary
- 1 tsp garlic powder
- 2 tbsp chopped fresh thyme
- 2 tsp kosher salt
- 1/2 tsp ground black pepper
- 3 cups panko breadcrumbs
- 1 cup buttermilk
- 3 eggs, beaten with 1 tablespoon water
- 1 qt peanut oil

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The words "translator" and "interpreter" are often used interchangeably — but they are actually two distinct careers requiring different skill sets and training. A translator translates written materials from one language into another. An interpreter works with the spoken word.

A translator doesn't simply change one word for the same word in a different language. Translators need to have exceptional writing skills, translating the mood, style, tone and attitude of the original document so the new work doesn't sound like a translation.

What will I be?

Career opportunities

- Employee at translation agency
- Translator for a company or non-profit organization
- Author's translator
- Government translator
- Self-employed



While much of the translation work done in Canada is from English into French and vice versa, the field is growing. Service Canada projected that until 2018 about 30 per cent of job openings for translators will come from the expansion of languages spoken here. ISTOCK

What does a translator's day consist of?
For the most part, you

translate written material, which can include reports, emails, web copy, advertising

materials, brochures, legal and business documents, literary works, textbooks, instructional guides and technical manuals. You are also reading, writing and

Face the facts

- SALARY EXPECTATIONS:** Average salary, \$50k.
- CAREER TRACKING:** Translators may start their careers doing casual work for small companies. But as they acquire expertise and skills, they will most likely be hired as a full-time translator. Eventually they may start their own translation business.
- SUCCESSFUL TRANSLATORS ARE:** Curious, detail oriented, self-directed, language aficionados, good researchers, specialists in specific areas of translation

referencing language guides, proofreading, and communicating with clients and colleagues.

Many translators have a B.A. in translation from a university. If you want to practise under the official title of Certified Translator, you must pass an exam from a provincial branch of the Canadian Translators, Terminologies and Interpreters Council.

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Get on the brand wagon

Things just got personal.

Graduating students are advised to make a move and make their mark

Today's seasoned professionals recognize the challenges they face trying to stand out in a crowd of new grads.

There are ways to market yourself in a professional and effective manner. While there is no foolproof algorithm to produce the perfect professional brand, being knowledgeable, credible, authentic and trustworthy puts you on the right track as these are all qualities of a solid, hireable professional.

Marc Quesnel, CGA, is the president of QMR Consulting and Professional Staffing, a firm in the financial and corporate management industry operating in Ottawa.

With years of experience navigating the careers of financial and business professionals, Quesnel offers young professionals advice on how

Baby remember my name

"It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Marc Quesnel
President of QMR Consulting and Professional Staffing

to create and maintain a strong professional brand that will ensure their future successes.

Be a lifelong learner

An undergraduate degree isn't necessarily the end of formal learning. For many, the next step is a professional designation. Quesnel attributes much of his success to his pursuit of a professional designation within his industry.

Learning should be a life-

long pursuit throughout your career — so start your learning plan now. What skill do you want to learn; what personality trait do you want to develop? Being conscious of opportunities for growth and development will help to keep you and your skills current. Those who subscribe to a life full of learning end up as successful CEOs, CFOs, COOs and entrepreneurs.

Start networking

Peer-to-peer networking can open up many opportunities. A professional association is a great resource for making connections, as are industry associations and service clubs. Join organizations that reflect your goals and values.

Make sure your online presence reflects your brand

Don't cripple your professional brand with an unprofessional online presence. Employers use LinkedIn, Facebook and Google, too. Post accomplishments that enhance the impression you want to leave and delete information that presents a brand that you

I'll stand by you

Be consistent and trustworthy

- **Consistently reinforce your brand.** No one will believe, trust or hire someone who is inconsistent or seemingly untrustworthy.

have outgrown.

"Your brand is ultimately your reputation," Quesnel advises. "It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Every academic and accredited professional has worked hard for their degree and/or designation. Learn how you can do more with your career and the diverse opportunities that are available to you.

NEWS CANADA



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Mind your body and your business

All work, no walk, makes Jack a sick boy.
 Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a

desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes

Staring at a computer screen

all day can cause regular users to experience vision problems.

Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and

reduce fatigue.

Talk in person

Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an

email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sitting at a desk without affecting productivity.

Stand up for phone calls

If you do have to use the phone, stand up anytime you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and your voice. **NEWS CANADA**



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If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. Not only will it improve communication, it will give you the boost to get off your behind. ISTOCK

Quench that thirst!

Hydration in an office setting is often overlooked.

- Your body requires a lot of water, even if you're sitting. Having a 1.5 L bottle of Nestle Pure Life will help you curb the afternoon slump and allow you to gauge how much water you've consumed throughout the day.

Cycling

Froome caps dominating Tour

Chris Froome won the 100th Tour de France on Sunday, having dominated rivals over three weeks on the road and adroitly dealt with doping suspicions off it.

Froome rode into Paris in style — in the canary yellow race leader's jersey he took on Stage 8 in the Pyrenees and never relinquished, vigorously fending off rivals whose concerted challenges turned this Tour into a thriller. Froome and his Sky teammates linked arms as they rode for the line.

As per tradition and because Froome's big race lead made him untouchable, Sunday's 133-kilometre final ride was largely a leisurely affair with riders pedalling up to Froome to offer congratulations.

THE ASSOCIATED PRESS

MLB

A-Rod's return pushed back again

New York Yankees third baseman Alex Rodriguez isn't ready to rejoin the team.

The Yankees said Rodriguez has a Grade 1 strain of his left quadriceps muscle and won't be able to return this week in Texas, as had been planned. Instead, Rodriguez will remain on the disabled list and return to Tampa, Fla., "for rest and treatment," the Yankees said in a statement issued before their game against the Boston Red Sox on Sunday night.

THE ASSOCIATED PRESS



Phil Mickelson reacts after making a birdie putt to finish the final round of the British Open with a 5-under 66, Sunday, in Gullane, Scotland.
The lefty won the championship by three strokes. ANDY LYONS/GETTY IMAGES

4 SPORTS

Lefty laughs last

Quoted

"I've always tried to go out and get it. I don't want anybody to hand it to me. I want to go out and get it. And today, I did." Phil Mickelson

British Open.
Mickelson rallies late in final round to capture Claret Jug

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew

past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accom-

plishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the claret jug."

Westwood, who started the day with a two-shot lead, fell behind for the first time all day with a bogey on the par-3 13th

hole and never recovered, closing with a 75.

Scott took the outright lead with a four-foot birdie on the 11th, and then made four straight bogeys starting at the 13th, and a final bogey on the 18th gave him a 72.

Woods, in his best position to win a major since the crisis in his personal life, stumbled badly on his way to a 74 and was never a serious challenger.

Tied for the lead, Mickelson smashed a 3-wood onto the green at the par-5 17th to about 25 feet for a two-putt birdie, and finished in style with a 10-foot birdie putt on the 18th to match the lowest score of this championship.

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AMVIC LICENSEE

Riders run roughshod over tame Tiger-Cats



Roughriders wide receiver Rob Bagg attempts to shake a tackle by Terrance Parks on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

CFL. Green machine strong on both sides of the ball leaving Tabbies with a bagel

The Roughriders' defence forced three first-half turnovers and Rob Bagg caught two touchdowns as Saskatchewan spoiled Kent Austin's return to Regina with a 37-0 win over the Hamilton Tiger-Cats on Sunday.

Saskatchewan (4-0) remained the only unbeaten team in the CFL while Hamilton (1-3) dropped into a three-way tie for last in the East Division.

Sunday's game was Hamilton head coach Austin's first in Saskatchewan since coaching the Riders to the 2007 Grey Cup.

With a north wind gusting to over 50 km/h throughout the game, Saskatchewan's

On Sunday

37 **0**

Roughriders **Tiger-Cats**

defence — ranked No. 7 in total yards allowed before the game — came up with a steady stream of big plays early before Riders quarterback Darian Durant found his groove.

Geroy Simon made his Roughriders debut and kept his streak of consecutive games with a reception alive on a six-yard catch in the first quarter. He added a 32-yard grab in the third and now has catches in 174 straight games.

Durant completed 20 of 32 passes for 347 yards with four touchdowns and no interceptions. THE CANADIAN PRESS

MLB

Rays good on aim with Jays, dustpan

Luke Scott and Kelly Johnson hit back-to-back home runs Sunday as the Tampa Bay Rays again used the long ball to complete a three-game sweep of the Toronto Blue Jays with a 4-3 victory.

Evan Longoria also went deep for the Rays (58-41), who hit seven home runs in the weekend series.

Toronto scored two in the ninth to cut Tampa Bay's lead to one when Jose Reyes doubled home Josh Thole and Brett Lawrie, but Rays closer Fernando Rodney struck

out Jose Bautista and got a ground balls from Edwin Encarnacion and Melky Cabrera to pick up his 24th save.

Rays starter Chris Archer (5-3) had a stellar outing for Tampa Bay, giving up one run on five hits over seven innings. The 23-year-old right-hander also walked four and struck out one batter for the Rays, who have now won five straight games, 13 of their last 14 and 17 of 19 to climb into second place in the AL East. R.A. Dickey (8-11) gave up four runs on seven hits while striking out eight over six innings of work for the Blue Jays (45-52), whose losing streak now sits at four games. THE CANADIAN PRESS



Luke Scott of the Rays beats the tag of the Jays' Jose Reyes to steal second base on Sunday in Toronto. The Rays won 4-3. TOM SZCZERBOWSKI/GETTY IMAGES



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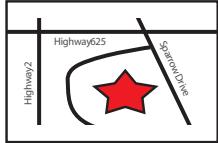


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MLB

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EAST DIVISION

	W	L	Pct	GB
Boston	59	40	.596	—
Tampa Bay	58	41	.586	1
Baltimore	56	43	.566	3
New York	52	45	.536	6
Toronto	45	52	.464	13

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	53	44	.546	—
Cleveland	52	46	.531	1½
Kansas City	45	50	.474	7
Minnesota	41	54	.432	11
Chicago	39	56	.411	13

WEST DIVISION

	W	L	Pct	GB
Oakland	57	41	.582	—
Texas	54	44	.551	3
Los Angeles	46	50	.479	10
Seattle	46	52	.469	11
Houston	33	64	.340	23½

Sunday's results

Tampa Bay 4 Toronto 3

Chicago White Sox 3 Atlanta 1

Cleveland 7 Minnesota 1

Detroit 4 Kansas City 1

Seattle 12 Houston 5

Oakland 6 L.A. Angels 0

Baltimore 4 Texas 2

N.Y. Yankees at Boston

Saturday's results

Tampa Bay 4 Toronto 3

Chicago White Sox 10 Atlanta 6

N.Y. Yankees 5 Boston 2

Minnesota 3 Cleveland 2

Kansas City 6 Detroit 5

Seattle 4 Houston 2

Baltimore 7 Texas 4

L.A. Angels 2 Oakland 0

Mondays' games — All times Eastern

N.Y. Yankees (Nova 4-2) at Texas (Darvish 8-4), 7:05 p.m.

L.A. Dodgers (Ryu 7-3) at Toronto

(Johnson 1-5), 7:07 p.m.

Tampa Bay (Moore 13-3) at Boston

(Workman 0-0), 7:10 p.m.

Baltimore (Feldman 1-1) at Kansas City

(Davis 4-8), 8:10 p.m.

Detroit (Scherzer 13-1) at Chicago White Sox (Sale 6-8), 8:10 p.m.

Oakland (Milone 8-8) at Houston (Keuchel 4-5), 8:10 p.m.

Minnesota (Deduno 5-4) at L.A. Angels (Blanton 2-12), 10:05 p.m.

Cleveland (Jimenez 7-4) at Seattle (Harang 4-8), 10:10 p.m.

Sunday's results

Pittsburgh 3 Cincinnati 2

N.Y. Mets 5 Philadelphia 0

L.A. Dodgers 9 Washington 2

Milwaukee 1 Miami 0 (13 inn.)

St. Louis 3 San Diego 2

Arizona 3 San Francisco 1

Colorado 4 Chicago Cubs 3

Saturday's results

Pittsburgh 3 Cincinnati 2

N.Y. Mets 5 Philadelphia 0

L.A. Dodgers 9 Washington 2

Milwaukee 6 Miami 0

San Diego 5 St. Louis 3

Colorado 9 Chicago Cubs 3

San Francisco 4 Arizona 3

Mondays' games — All times Eastern

Pittsburgh (Morton 1-2) at Washington

(Haren 4-10), 7:05 p.m.

Atlanta (Teheran 7-5) at N.Y. Mets (Gee 7-7), 7:10 p.m.

San Diego (Cashner 5-5) at Milwaukee

(Gorzelanny 1-3), 8:10 p.m.

Hunter Mahan, \$175,582

Francesco Molinari, \$175,582

Brandt Snedeker, \$142,756

Angel Cabrera, \$142,756

Miguel Angel Jimenez, \$121,381

Justin Leonard, \$121,381

Eduardo De La Riva, \$95,043

Charl Schwartzel, \$95,043

Danny Willett, \$95,043

Harris English, \$95,043

Matt Kuchar, \$95,043

Kegan Bradley, \$95,043

Also:

Graham DeLaet, \$16,795

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	55	43	.561	—
Philadelphia	49	50	.515	½
Washington	48	50	.490	7
New York	43	51	.457	10
Miami	35	61	.365	19

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	59	37	.615	—
Pittsburgh	57	39	.594	2
Cincinnati	55	43	.561	5
Chicago	43	53	.448	16
Milwaukee	41	56	.423	18½

WEST DIVISION

	W	L	Pct	GB
Arizona	51	47	.520	—
Los Angeles	50	47	.515	½
Colorado	48	51	.485	3½
San Francisco	45	52	.464	5½
San Diego	43	56	.434	8½

Sunday's results

Pittsburgh 3 Cincinnati 2

N.Y. Mets 5 Philadelphia 0

L.A. Dodgers 9 Washington 2

Milwaukee 6 Miami 0

San Diego 5 St. Louis 3

Colorado 9 Chicago Cubs 3

San Francisco 4 Arizona 3

Mondays' games — All times Eastern

Pittsburgh (Morton 1-2) at Washington

(Haren 4-10), 7:05 p.m.

Atlanta (Teheran 7-5) at N.Y. Mets (Gee 7-7), 7:10 p.m.

San Diego (Cashner 5-5) at Milwaukee

(Gorzelanny 1-3), 8:10 p.m.

Detroit (Scherzer 13-1) at Chicago White Sox (Sale 6-8), 8:10 p.m.

Oakland (Milone 8-8) at Houston (Keuchel 4-5), 8:10 p.m.

Minnesota (Deduno 5-4) at L.A. Angels (Blanton 2-12), 10:05 p.m.

Cleveland (Jimenez 7-4) at Seattle (Skaggs 2-1), 9:40 p.m.

Cincinnati (Arryo 8-7) at San Francisco (Lincecum 5-9), 10:15 p.m.

CFL

WEEK 4

	GP	W	L	T	PF	PA	Pts
Toronto	4	2	2	0	118	116	4
Montreal	4	1	3	0	90	112	2
Hamilton	4	1	3	0	79	126	2
Winnipeg	4	1	3	0	91	109	2

WEST DIVISION

	GP	W</th

Horoscopes

Aries

March 21 - April 20

The more people you meet in the world at large this week the better your chances of success will be.

Taurus

April 21 - May 21

Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

Gemini

May 22 - June 21

You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

Cancer

June 22 - July 23

You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

Leo

July 24 - Aug. 23

You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

Virgo

Aug. 24 - Sept. 23

Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

Libra

Sept. 24 - Oct. 23

Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

Scorpio

Oct. 24 - Nov. 22

Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

Sagittarius

Nov. 23 - Dec. 21

Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

Capricorn

Dec. 22 - Jan. 20

You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

Aquarius

Jan. 21 - Feb. 19

You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

Pisces

Feb. 20 - March 20

You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

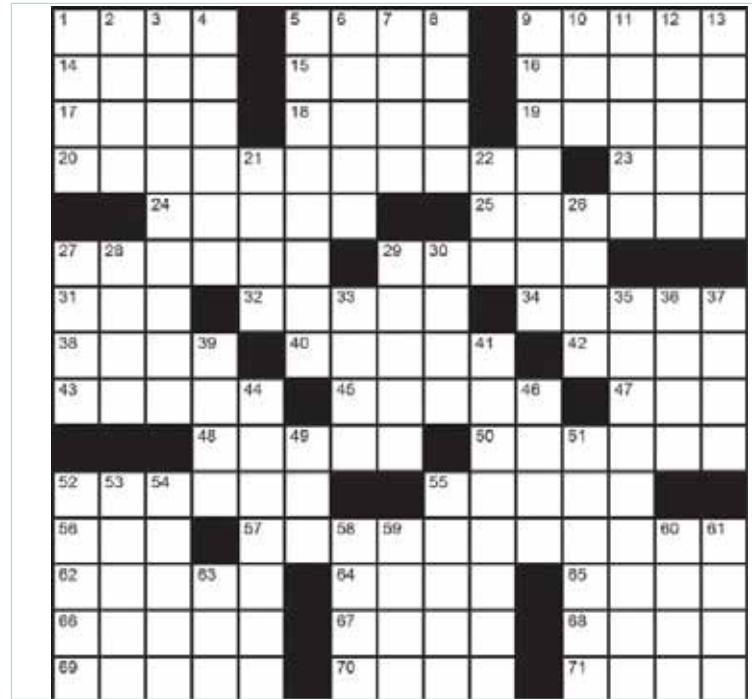
- Family members, for short
- Men's cologne brand
- Rideau __
- Miss
- Taken-back vehicle
- Psychedelic psychologist Timothy
- Roman love god
- Capital of Samoa
- "It's __!" (There's meaning)
- 1986 Bangles hit: 2 wds.
- Maria Trapp connector
- Go with the flow
- Pressure
- Mr. De Niro
- Lake __ (American resort)
- Mr. Philips of stand-up
- Cherished
- Janet Jackson hit
- Irish songstress
- Google mobile device brand
- Cookies company
- Whitney Houston's " __ We Almost Have It All"
- Illegally lift
- PBS funding org.
- Garbs for bag-pipers
- Heavy or sluggish
- __ Beach, ON
- Flavourless
- Classic TV Cousin
- Manitoba com-

Down

- Elvis Presley link, variably
- Haida __ (Archipelago off BC's coast)
- "Downton Abbey" role
- Barge __ (Intrude)
- Undergarments brand
- munity originally an HBC trading post: 2 wds.
- Tidy
- Stuff for Oscar's can
- Actress, Sherilyn
- Cook's li'l quantities

Down

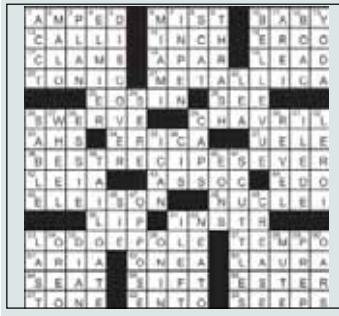
- Wander
- Ex-Spice Girl Ms. Bunton
- Canada's "First Lady of the Guitar": 2 wds.
- Footstep
- 'Flower City' in the Greater Toronto Area
- Get the plant a new container
- __ the air (Undecided): 2 wds.
- It's an amphibian
- Canadian Music Hall of Famer, David __-Thomas
- Bronze Roman money
- Gullible
- T.O. players
- Ms. Redgrave's



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Poet Mr. Sandburg
- Hair hue, __ blonde
- Try for a role
- Oliver of "Oliver!" (1968)
- Dodge car of yore
- Communicates via smartphone
- (Together, in music)
- Suit garment
- SK's Athabasca __ Provincial Park
- Oxygen-giver
- Bring forth a lamb
- "Diana" singer Paul
- Salvation Army, colloquially: 2 wds.
- Community on PEI's northwestern tip
- Donnie Iris song: "Ah! __"
- Philosopher, __-tzu
- Sprinkle with holy oil
- English Channel sight, Isle of __
- Battling: 2 wds.
- Ms. Katic, Hamilton-born actress
- Tycoon
- Mil. fliers
- Had on
- Suds stuff
- Tree-like Tolkien creatures
- Y-ending word's plural suffix

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	5	2	9	4	7	1	8	3
4	6	7	3	5	1	9	2	6
1	3	9	6	2	8	4	7	5
2	6	3	7	9	5	8	4	1
5	7	1	4	8	3	2	6	9
8	9	4	1	6	2	3	5	7
9	2	8	5	1	6	7	3	4
3	1	6	2	7	4	5	9	8
7	4	5	8	3	9	6	1	2

2	7		
1	3	6	
6			1 5
5	9	7	1
7	2	3	4
4	5	6	3
8	2	3	6 9
	2	8	5

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 21°
MIN: 11°



MAX: 22°
MIN: 11°



MAX: 23°
MIN: 13°



MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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Reg: \$40,639
Discount: \$14,461

CLEAROUT: \$25,998 OWN ME **\$146 B/W**



#7587

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Reg: \$17,994 Discount: \$6,009

CLEAROUT: \$11,990
OWN ME **\$71 B/W**



#8766

NEW 2013 JEEP WRANGLER 4X4 SPORT

Reg: \$25,289 Discount: \$4,491

CLEAROUT: \$20,798
OWN ME **\$117 B/W**



#2483

NEW 2013 CHRYSLER 200 LX

Reg: \$22,094 Discount: \$4,496

CLEAROUT: \$17,598
OWN ME **\$99 B/W**



#1933

NEW 2013 RAM 1500 LONGHORN CREW 4X4

Reg: \$60,699 Discount: \$16,709

CLEAROUT: \$43,990
OWN ME **\$257 B/W**



#3075

NEW 2013 DODGE GRAND CARAVAN

Reg: \$30,319 Discount: \$9,421

CLEAROUT: \$20,898
OWN ME **\$120 B/W**



#0024

NEW 2013 RAM 1500 LARAMIE 4X4 8-SPEED

Reg: \$55,699 Discount: \$16,709

CLEAROUT: \$38,990
OWN ME **\$228 B/W**



#2754

NEW 2013 DODGE JOURNEY

Reg: \$23,669 Discount: \$2,971

CLEAROUT: \$20,698
OWN ME **\$116 B/W**



#3012

NEW RAM 2500 CREW LARAMIE 4X4 CUMMINS

Reg: \$73,894 Discount: \$20,904

CLEAROUT: \$52,990
OWN ME **\$309 B/W**



#7271

ALL NEW 2013 DODGE DART

CLEAROUT: \$16,998
OWN ME **\$94 B/W**



#3947

NEW RAM 2500 LONGHORN 4x4 CREW CUMMINS

Reg: \$77,924 Discount: \$21,344

CLEAROUT: \$55,990
OWN ME **\$327 B/W**



#6722

NEW 2013 JEEP PATRIOT

Reg: \$20,339 Discount: \$4,349

CLEAROUT: \$15,990
OWN ME **\$93 B/W**



#3058

NEW RAM 3500 SXT CUMMINS 4X4 CREW

Reg: \$61,284 Discount: \$18,294

CLEAROUT: \$42,990
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#5907

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Reg: \$40,814 Discount: \$7,824

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Brad McDonald



Andrew Stennett



Aaren Schroeder



Keith Bedard



Dale Sauer



Ron Blonar



Brad Leyden



Robert Blackmore



Dave Welsh



Paul O'Mara



Mauricio Roa



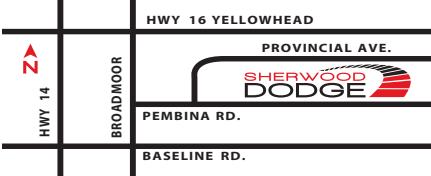
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